**WRESTLING BASICS FOR PARENTS AND NEW WRESTLERS**

**General Wrestling Scoring Procedures**

Takedowns are scored when one wrestler brings his opponent down to the mat from a standing position and is considered having "control". Additional points are awarded when a wrestler takes his opponent directly to his back. Common takedowns include single legs, double legs, high crotches, headlocks, shrugs, fireman's carries, and many more.

Reversals are scored when a wrestler, controlled by his opponent on the mat, executes a move that allows him to assume a controlling position on top of the opponent, thus reversing the situation(Basically going from bottom to top). Common reversals include switches and Peterson rolls.

Exposing an opponent's back to the mat is a scoring technique in all styles of wrestling. A wrestler must not only tilt the rival's back toward the mat, breaking a 90� angle, but also hold the back in this position for a minimum count of two seconds to score points. Common "pinning combinations" include the half-nelson, arm bar, and cradle.

Escapes are scored when a wrestler, controlled by his opponent on the mat, frees himself and moves to a standing position, facing the opponent. Common escapes include the standup and the sit-out.

**The 3 Periods of a Match**

Generally all matches are 3 periods in length. A match will end when one wrestler scores a pin over another or time expires after the third period. Most of the tournaments that wrestlers will participate in will have three 1-minute periods. In some instances, they will be 1, 1-1/2 & 1-1/2, for a total match time of 4 minutes.